



AMERICAN INDIAN & ALASKA NATIVE COMMUNITY

Protect Yourself and Others from COVID-19



Why can COVID-19 be more deadly for my American Indian and Alaska Native community?

COVID-19 highlights a history of racism, unequal access to resources that promote health including quality health care, and healthy environments. This makes it harder to prevent and control health problems like diabetes, heart disease, asthma, cancer or uncontrolled HIV and puts them at greater risk of serious illness and death if they get COVID-19.



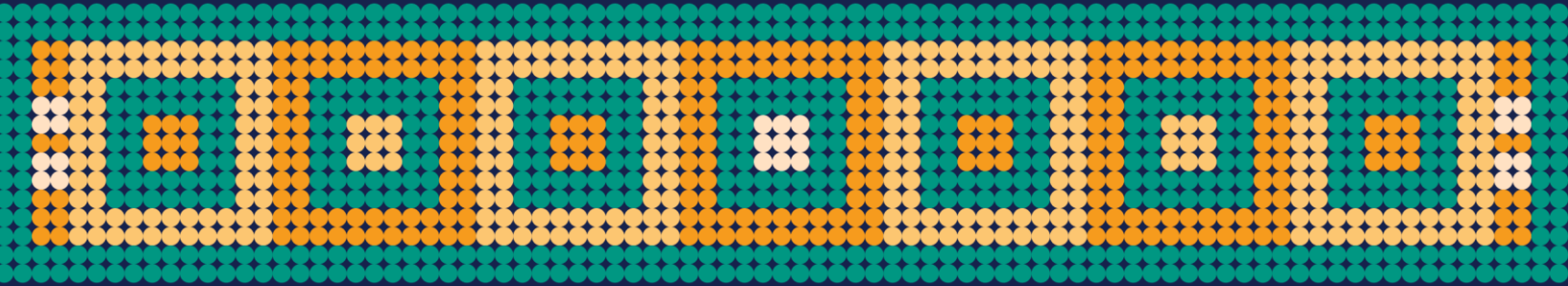
What can I do to protect myself, my relatives, and my community from COVID-19?

- COVID-19 has not gone away. Even though businesses are reopening, avoid the 3 C's when away from home
 - Confined spaces, crowds and close contact with other people.
- Stay at least 6 feet away from others when you are out.
- Wear cloth face coverings around others that are not part of your household.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Wash your hands often.
- If soap and water are not available, use a hand sanitizer with at least 60% alcohol.

What should I do if I have symptoms of COVID-19?

If you are experiencing mild symptoms (fever, cough, shortness of breath) and think you might have COVID-19, stay home and call your doctor. Older adults, pregnant women, and those with underlying health problems should call their health care provider right away if they think they have symptoms. If you are having emergency warning signs such as difficulty breathing, confusion, chest pain, or bluish lips [call 9-1-1](tel:911) and tell dispatch personnel that you may have COVID-19.





Where can I get tested?

If you don't have a health care provider that can test you, you can [call 2-1-1](tel:2131) to learn where to get tested. There are also free mobile testing sites for people with symptoms throughout the County. Visit <https://covid19.lacounty.gov/testing> for more information.



How can I be a good friend and family member during this crisis?

Continue to protect yourself, your relatives, and your community with these safety measures. Now that businesses have begun to reopen, it is important to follow the safety measures they are asking people to do when visiting their place of business. It's everyone's responsibility to protect one another.



How is the Native community responding collectively?

In response to the COVID-19 crisis, the Los Angeles City/County Native American Indian Commission (LANAIC) formed the LA Native COVID-19 Response Working Group. This Working Group is comprised of numerous Native agencies who provide direct services.



Where can I find more community resources?

- COVID-19 Resource Guide for American Indian and Alaska Native communities can be accessed at <https://lanaic.lacounty.gov/covid-19-resources>. General information about the coronavirus and public health guidelines can be found here: <http://publichealth.lacounty.gov/media/Coronavirus>.
- Up to date information on resources and services for American Indian and Alaska Native communities is posted on Instagram [@lanativecovidresponse](https://www.instagram.com/lanativecovidresponse) and Facebook at www.facebook.com/lanativecovid19.
- Follow these local Native organizations and learn more about their services on Facebook [@UAIInc](https://www.facebook.com/UAIInc), [@TribalTANF](https://www.facebook.com/TribalTANF), [@SCICinc](https://www.facebook.com/SCICinc), [@indigenoucircleofwellness](https://www.facebook.com/indigenoucircleofwellness), [@PukuuCCS](https://www.facebook.com/PukuuCCS), [@americanindianchangingspiritsLB](https://www.facebook.com/americanindianchangingspiritsLB), and American Indian Counseling Center at (562) 402-0677.

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